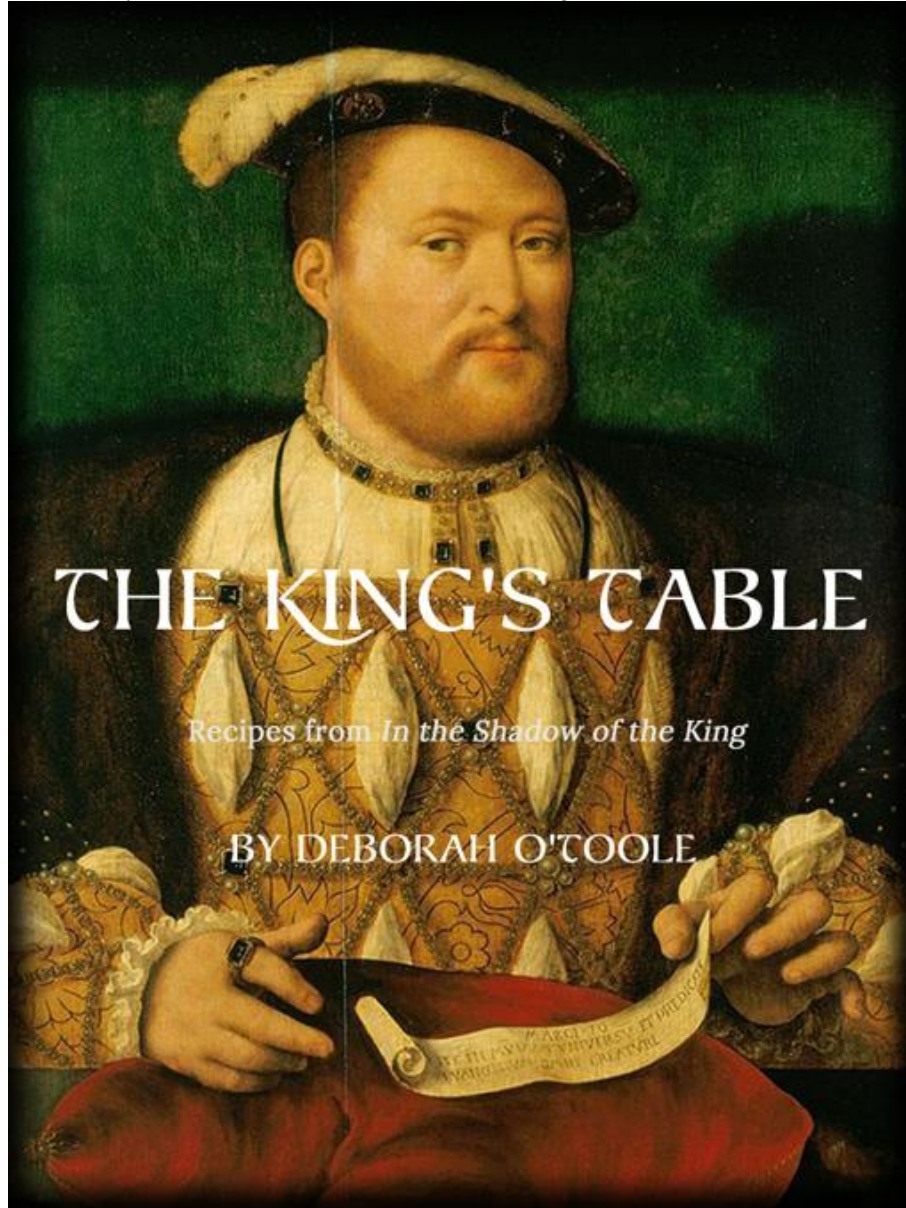


**\*RECIPE LIST ONLY\***

# ~ THE KING'S TABLE ~

Recipes from *In the Shadow of the King* by Deborah O'Toole



"The King's Table" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about Tudor cuisine, but rather an observation about the generalities of the era's food and recipes from an amateur home kitchen.

(C)Deborah O'Toole (2023).

Text in this document was set in the *Maiandra GD* font.

## ~ RECIPE INDEX ~

### ~ APPETIZERS ~

Artichokes in Olive Oil  
Beef Olives  
Chicken Pate Tudor  
Oysters on the Half Shell  
Salmon & Onion Salad

### ~ BEVERAGES ~

Almond Milk  
Caudle (*Spiced Beer; also known as Buttered Beere*)  
Hippocras (*Spiced Sweet Wine*)  
Spiced Wine  
Wassail

### ~ BREAD & PASTRY ~

Chestnut Bread  
Cruste Rolle (*Fried Crackers*)  
Ember Day Savory Tart  
Gingerbread  
Manchet Bread

### ~ BREAKFAST ~

Brewet Ayrenn (*Scrambled Eggs*)  
Frumente (*Cracked Wheat*)  
Poached Eggs in Golden Sauce  
Rique Manger (*Eggs & Apples*)  
Stuffed Eggs

### ~ ENTREES ~

Aloes of Beef with Pevorade Sauce  
Baked Lamprey Pie  
Chicken in Golden Almond Sauce  
Cockles & Mussels  
Decorated Meatballs  
Fyllettes in Galyntyne (*Roast Pork in Breadcrumbs*)  
Grilled Fish in Ginger Sauce (*Poivre Jaunet*)

Grilled Mackerel  
Hedgehogs (*Meat Pudding with Almonds*)  
Lamb & Ale Casserole  
Mawmeny Chicken Stew  
Mustard Shoulder of Pork  
Poached Trout in Herbs & White Wine  
Roasted Capon with Chestnuts & Vegetables  
Spiced Beef  
Tripe & Onions on Toast

~ **SIDE DISHES** ~

Bread Sauce  
Compost (*spiced vegetables in honey & wine sauce*)  
Cremonese (*Spinach Tart*)  
Cress with Milk & Almonds  
Marinated Leeks in Mustard Vinaigrette  
Pea Pottage  
Powder Douce (*sweet spice mix for Compost*)  
Ris Engoule (*Rice in Beef Broth with Saffron*)  
Steamed Asparagus in Orange Sauce  
Turnips with Chestnuts

~ **SOUPS & STEWS** ~

Creamy Clam Chowder  
Gronden Benes (*Ground Beans Stew*)  
Poultry & Bacon Stew with Hazelnuts  
Squash Broth  
Stewed Mutton  
White Chicken Broth

~ **SWEETS** ~

Chardwardon (*Pears in Red Wine Sauce*)  
Cherry Sauce for Rice Porridge with Almonds  
Eggs in Moonlight  
Fygey (*Fig & Almond Pudding*)  
Gur Cake  
Maids of Honor Cheesecake Rounds  
Mince Pies  
Pine Nuts in Sugar (*Nucibus Pineis Saccharo Conditum*)

Pokerounce (*Bread & Honey*)  
Rice Porridge with Almonds  
Wafer Biscuits

## ~ IMAGES ~

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## ~ ABOUT "IN THE SHADOW OF THE KING" ~

*In the Shadow of the King* by Deborah O'Toole is a semi-fictional account of the dramatic life of Sir Francis Bryan, confidant to King Henry VIII.

Sir Francis Bryan was a man of letters who distinguished himself as a cipher, diplomat, poet, sailor and soldier. He was also knight bannerette, chevalier, Lord of the Tor Bryan, chief gentleman of the privy chamber, Lord Chief Justice of Ireland and a gifted sportsman. He lost an eye during a jousting tournament and forever after wore a rakish eye patch, which merely added to his allure.

During his time in Henry VIII's court and one of the few who escaped the King's wrath, Bryan was dubbed the "one-eyed Vicar of Hell" by the King's chief minister, Thomas Cromwell, because of his apparent lack of scruples and legendary sexual exploits. Bryan had a well-earned reputation as a self-indulgent libertine, and was said to have been a willing accomplice in the King's tangled love affairs.

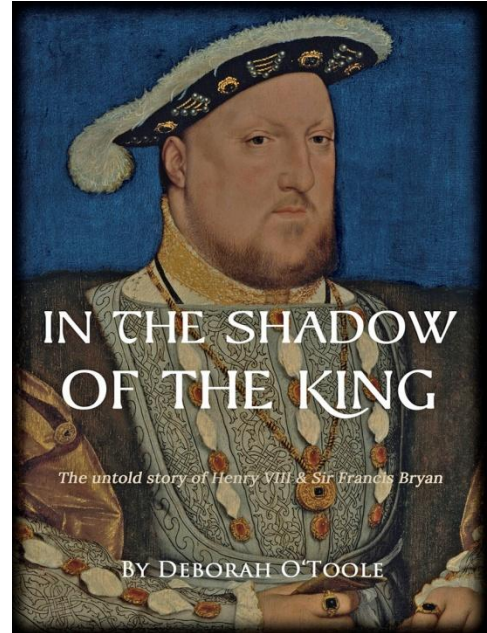
Bryan's irresistible charm masked an inveterate intriguer full of barely-contained energy. He could be duplicitous, manipulative and promiscuous as well as highly articulate, ferociously witty and generous when the mood struck him. In videlicet, he was the perfect courtier. Many observers were astounded by the familiarity he used towards Henry VIII, especially in speaking his mind. However, Bryan was no creature of principle. By bending his opinions to fit the King's policy, he managed to remain in favor throughout Henry VIII's reign.

*In the Shadow of the King* brings to life the story of Sir Francis Bryan, as told by one of his descendants in the twenty-first century.

The book was released by Club Lighthouse Publishing in June 2023.

For more, visit:

<https://deborahotoole.com/king/>



## ~ ABOUT THE AUTHOR ~

Deborah O'Toole is the author of *Celtic Remnants*, a novel of enduring yet impossible love and betrayal set in the turbulence of Ireland, glamour of London and wilds of Scotland. She is also author of *The Crypt Arisit*, *Glinhaven*, *In the Shadow of the King*, and *Mind Sweeper*.

In addition, she writes darkly abstract poetry (*Torn Bits & Pieces*) and short-story juvenile fiction (*Short Tales Collection*), and is the author of a series of historical essays, articles and book reviews for *Ambermont Magazine* and *Class Notes*.

Writing as Deidre Dalton, Deborah is author of the "Collective Obsessions Saga," which chronicles the extraordinary loves and dark obsessions between two families sweeping a span of more than one hundred years, all set against the backdrop of a magnificent seaside mansion in Maine. Books in the eight-part family saga include *The Advent*, *Quixotic Crossings*, *The Twain Shall Meet*, *Enthrallment*, *The Keeper's Journal*, *Hearts Desires*, *The Twilight* and *Megan's Legacy*. The novels were released by Club Lighthouse Publishing.

Also writing as Deidre Dalton, Deborah is author of "The Bloodline Trilogy." The novels follow the uniquely magical yet ominous journey of three women through time. The trilogy includes *Bloodfrost*, *Bloodlust* and *Blood & Soul*. The novels were released by Club Lighthouse Publishing.

Using the pseudonym Shenanchie O'Toole, Deborah also writes for the cooking/recipe website Food Fare. She is writer and editor of thirteen cookbooks, along with more than forty titles in the *Food Fare Culinary Collection*.



**Deborah O'Toole**

<https://deborahotoole.com/>

## **Books by Deborah O'Toole**

*Celtic Remnants*  
*The Crypt Artist*  
*Glinhaven*  
*In the Shadow of the King*  
*Mind Sweeper*

## **Writing as Deidre Dalton**

### THE BLOODLINE TRILOGY

*Bloodfrost*  
*Bloodlust*  
*Blood & Soul*

### COLLECTIVE OBSESSIONS SAGA

*The Advent*  
*Quixotic Crossings*  
*The Twain Shall Meet*  
*Enthrallment*  
*The Keeper's Journal*  
*Hearts Desires*  
*The Twilight*  
*Megan's Legacy*

## **MISCELLANEOUS**

*Glinhaven Cookery*

*(Scottish-themed recipes mentioned or prepared by characters in "Glinhaven" by Deborah O'Toole).*

*Historical Essays by Deborah O'Toole*

*(Billy the Kid, Anne Boleyn, Jack the Ripper, Loch Ness Monster, U.S. Political Parties).*

*Larkin Community Cookbook*

*(Recipes mentioned or prepared by characters in the "Collective Obsessions Saga" by Deidre Dalton).*

*Short Tales Collection by Deborah O'Toole*

*(The Short Tales Collection includes eleven short stories written for children).*

*The King's Table*

*(Tudor-themed recipes mentioned or prepared by characters in "In the Shadow of the King" by Deborah O'Toole).*

*Torn Bits & Pieces*

*(Book of poetry by Deborah O'Toole).*

For more, go to: <https://deborahotoole.com/books.htm>